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Tyndall Air Force Base, Fla. *Gulf Defender*

June 22, 2001

# Five years ago this week, more than 400 people serving far from home were bonded together forever in an instant at ... Khobar Towers

**Senior Airman Russell Crowe**  
*325th Fighter Wing public affairs*

Some anniversaries are meant to be remembered – some can never be forgotten.

June 25, 1996 had been a normal day at work for airmen assigned to King Abdul Aziz Air Base. Little did they know, that Tuesday night would leave many airmen scarred forever – both mentally and physically. Hundreds were injured, 19 never saw Wednesday.

As most people were teetering on the brink of sleep, three airmen were wide-awake – they watched in horror at what was to become the worst attack on U.S. troops since the 1983 terrorist bombing in Beirut, Lebanon.

Staff Sgt. Chris Wagar, 325th Security Forces Squadron, was one of them. An airman while assigned there, he was perched on top of Building 131, the dormitory that housed the rescue squadron. Wagar and his co-worker, Senior Airman Corey Grice, were manning an observation/listening post. Their job was to watch for and document any suspicious or unusual activity.

The night had started as most mid-shifts did for Wagar. After beginning his shift at 6 p.m., he watched the area and it seemed like just another day. All around him, Khobar Towers was buzz-

ing with the hustle and bustle of day-to-day life for deployed airmen. Troops were going about their daily chores, making phone calls and playing volleyball.

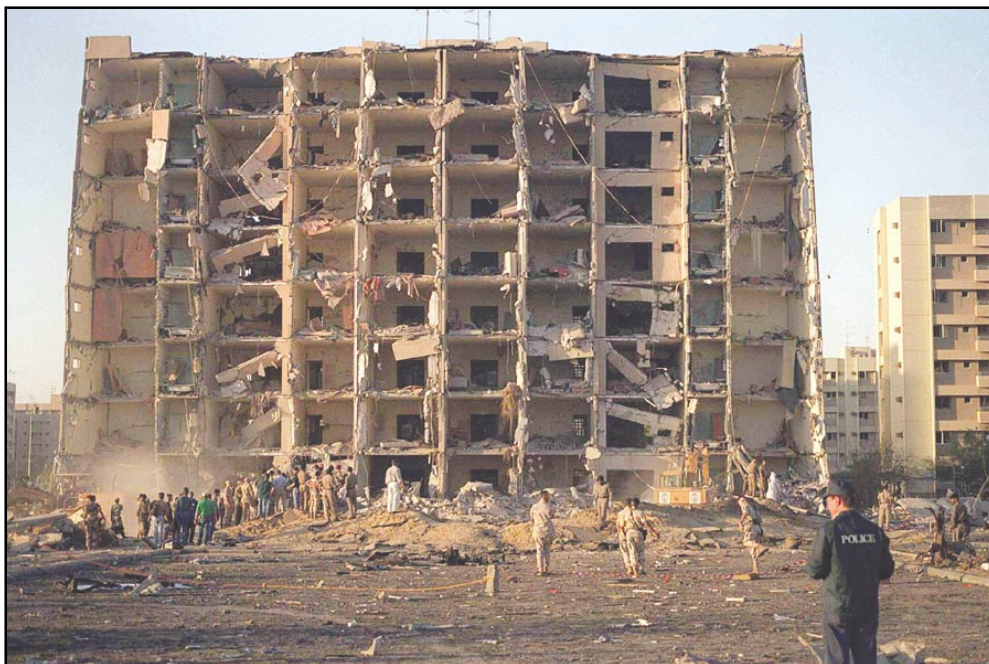
Staff Sgt. Tim LeWallen, 823rd RED HORSE Squadron, spent the early evening of June 25 digging and setting spikes on the volleyball court with his friends and coworkers. A senior airman at the time, he was deployed from Spangdahlem Air Base.

“We were out playing volleyball from 7 until 9:15 p.m.,” he said. “We decided not to play another game because it was getting late. So I went to shower and go to bed. I got up to my room, I made it through a shower and lay down in bed. I got the covers over my head, and that’s when it happened.”

Around 10 p.m. Staff Sgt. Alfredo Guererro, the acting flight chief for the security forces squadron there, came to do a post check with Wagar and Grice. They talked about baseball and home; two all-American things many troops had in common. But that conversation was cut short.

As LeWallen was trying to fall asleep in the building next to Wagar’s post, a tragic series of events that would cost some airmen their lives began to unfold.

“We were sitting there and suddenly we saw a fuel tanker truck,” Wagar said. “It was about 9:50 p.m. and we saw the



Courtesy photo

**Building 131 at Khobar Towers, on King Abdul Aziz Air Base in Dhahran, Saudi Arabia, after a terrorist bomb exploded and killed 19 Air Force members June 25, 1996.**

truck pull up with a white four-door sedan following behind it. This was very, very unusual. We saw it drive along – it pulled up in front of our building but then pulled out, so its back end was pointed toward us. Then it slammed, back end first, into the fence. The white sedan pulled up in front of it, two guys got out of the tanker and jumped into the sedan and took off. At that point the first words out of my mouth were, “This is not good.”

LeWallen lay silently in bed – thinking about the children and wife he had left behind in Germany, looking forward to the day he could see them again. Like so many of the

deployed troops, he had begun to doze off...

“I was sitting there saying ‘We need to get the hell out of here,’” Wagar said. “So I grabbed my A-bag and my M-16 and we headed off the building. We took off and decided each of us would take a different floor to evacuate the building.”

The seventh floor of the building was the command floor. Wagar went to the commander of the rescue squadron and woke him first. Then he went door to door trying to rush people from the building.

Wagar didn’t know how much time he had – but time has a way of standing still in chaos.

Although it didn’t stand still long enough. Two to three minutes after they began evacuating, the blast, which had the force of more than 10,000 pounds of TNT, shook the foundation of the base. Wagar had managed to evacuate most of the top floor, and he was on his way down the stairwell to the fourth floor when the blast occurred. He was thrown like a dart; head first, into the cement wall.

According to Wagar, the blast sounded very hollow – like someone hit the inside of an old metal gallon-drum. “It was

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**KHOBAR Page 8**

## Support group changes command

**Staff Sgt. Roel Utley**  
*325th Fighter Wing public affairs*

Col. Joseph Sokol took command of the 325th Support Group from Col. Worth Carter in a ceremony Wednesday.

Colonel Sokol comes to Tyndall from an assignment at the Pentagon as deputy commander of the Air Force Operations Group.

As commander of the support group, his units will provide support to the 325th Fighter Wing, Headquarters 1st Air Force and 29 associate units in more than 1,700 facilities on 29,000 acres.

The group is responsible for security, communications, civil engineering, personnel and services support for more than 27,000 active-duty, civilian and retired members. The group also manages more than 1,750 military and civilian personnel.

Some of Colonel Sokol’s assignments include Holloman Air Force Base, N.M.; Elmendorf AFB,

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**COMMAND Page 4**



# Tyndall Web page goes from Stone Age to Space Age

**Staff Sgt. Roel Utley**  
*325th Fighter Wing  
public affairs*

Comparing the old Tyndall Web site with the new one is like comparing Fred Flintstone to George Jetson. The previous site was about six years old, which in computer years is like the Jurassic period in human years.

Bringing Tyndall's Web site into the 21st century was the work of Staff Sgt. Carl Womack, the Tyndall Web master. His original design has been described as top-notch.

"It took me about two weeks to do this design," Sergeant Womack said. This came after another design, which was 80 percent complete, had to be scrapped because it did not comply with the Rehabilitation Act of 1973.

According to Sergeant Womack, ensuring compliance has been the most difficult part of building the new Web site. The Web designer said it takes time to build the Web site with all the modifications needed to make it accessible to people with disabilities. Adhering to the 16-point compliance hasn't kept

him from redesigning the site as he goes.

Sergeant Womack's work on the new look has already made people take notice. Within the first few days of the new site being on the Web, Sergeant Womack received almost 60 e-mails, most of which were offering kudos on a job well done.

Lucy Podolske's first reaction to the new site was "Wow." Podolske, the 325th Logistics Group secretary, said, "There is no comparison (between the old and the new.) It is very easy to navigate and is user friendly."

Ease of use and a professional look have been some of Sergeant Womack's driving factors. To accommodate a wide range of computer users, the sergeant did his homework to find out what would work best on the average person's home computer. Visitors may notice that the Web site loads almost instantly. The old site had to cycle through a series of repetitive commands before it could be displayed. "Mine is one time, one shot and it's there," Sergeant Womack said.

The proposed completion date is in December; however, Sergeant Womack is confident he will have it ready before then. He also plans to swap out the changing photos on the main page as well as add a section for videos that will be useful to people who are moving here.

In order to have the site

completely redesigned, Sergeant Womack needs the help of all Team Tyndall members. Since he operates out of a one-man shop, it takes time — and a lot of it. "I come in at about 7 a.m., take a 30-minute lunch and leave around 5 p.m. I'll also take a 10-minute break. But the rest of the time, I'm sitting right here just working on the Web," he said.

Because of his attention to detail, he is having to go to the different offices that have sites on the Tyndall home page to make sure they are current and will look sharp once he puts them up. "You can't just throw up a site and not do the research. I will not throw stuff up there just to have it. It has to be quality and quality takes time," he said.

People should check their pages and get any corrections to Sergeant Womack so they can be changed. Also, if people want to add items to

their site, they have to be mindful of the regulations governing what is allowed on official government Web sites. The source for releasable information is Air Force Instruction 33-129, transmission of information via the Internet and Air Force Instruction 35-101, public affairs policies and procedures.

"So far, I've been calling all the shots. It's fine, but to an extent. I'd like to have assistance from all the units. It's not a one-man team, it's going to take this whole base," Sergeant Womack said.

Sergeant Womack could not stress enough how important his customers are to him. He wants their Web site to be the best. "We are the home of air superiority. That says a lot. We need a Web site that is equal to those words.

"This is not my page. This is Tyndall's page. I want everyone to be proud of it."



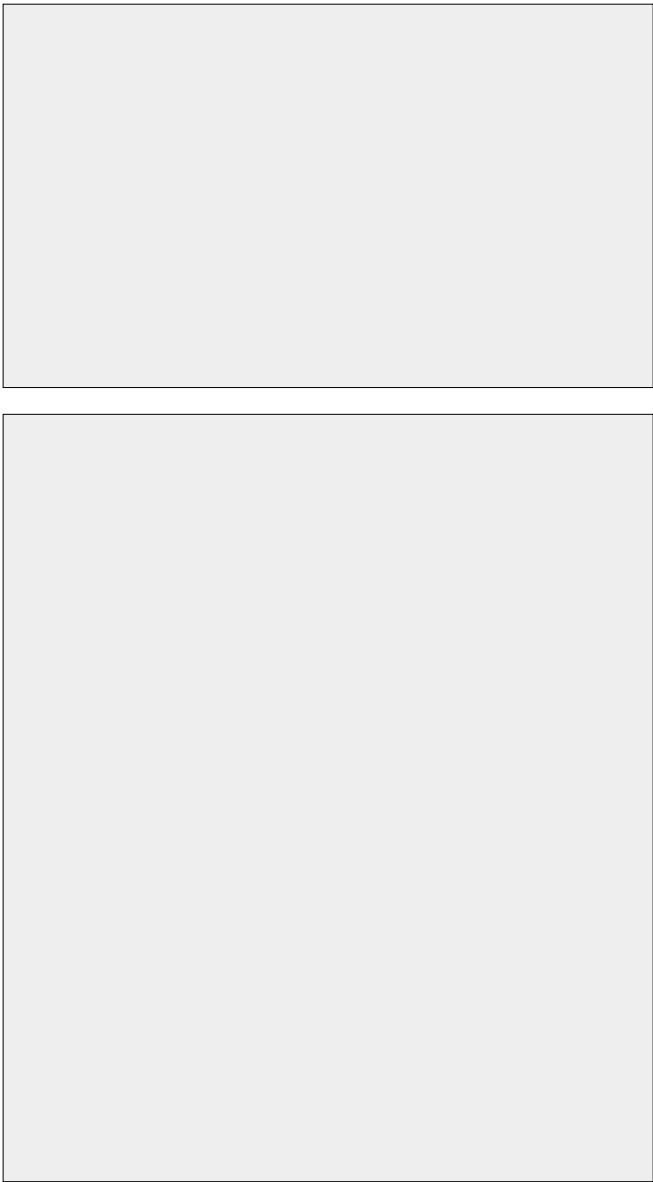
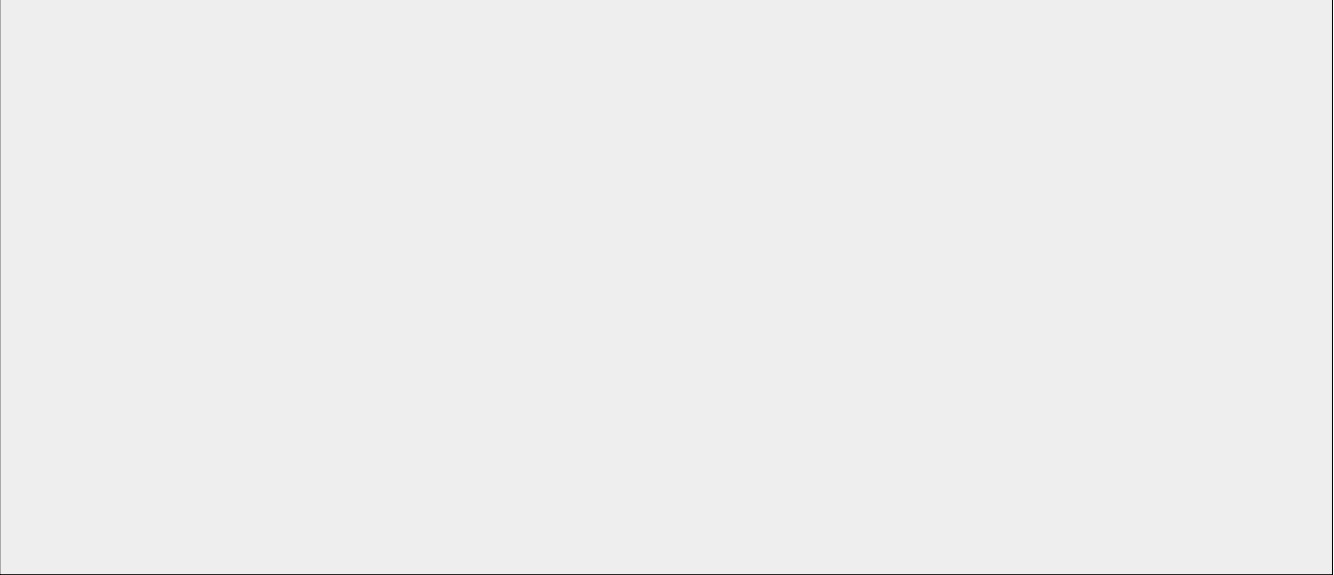
Staff Sgt. Carl Womack

The new Tyndall Air Force Base home Web page is as high-tech as it is easy to use. The page launched June 15.

### Team Tyndall Pride



*Take pride in Team Tyndall and its beauty. Pick up trash if you see it or do a self-help project — we all reap the benefits of a clean environment.*



# Team Tyndall member nominated for GEICO Award

**RANDOLPH AIR FORCE BASE, Texas (AETCNS)**— Three people have been named as Air Education and Training Command nominees for the 2001 Government Employees Insurance Company Public Service Awards.

Bobby Richardson II from Tyndall Air Force Base, Fla., and Leona Chouinard and William Wright from Columbus AFB, Miss., will represent the command in national competition for the annual awards.

“This award recognizes the many contributions of hard-working, talented government employees who have served as an inspiration to others and brought credit to the federal government,” said Lt. Gen. John Hopper Jr., AETC vice commander, in announcing the GEICO nominees June 13.

Mr. Richardson, a fire inspector in the 325th Civil Engineer Squadron, is vying for the fire prevention and safety award. His nomination credited him with providing detailed attention to correcting fire hazards that guarantee a safe environment for the 5,800 people and family members who work and live at Tyndall. He also conducted fire-safety education programs for more than 12,000 elementary school children in the Bay County area.

Mrs. Chouinard is nominated in the substance-abuse prevention and treatment cat-

egory. Assigned to the 14th Medical Group, she is responsible for streamlining the drug demand reduction program, according to her nomination. The program provided insight to ensure accuracy, integrity and legality during urinalysis collections and higher headquarters updates.

Mr. Wright is up for the award in the traffic safety and accident-prevention category. A member of the 14th Flying Training Wing Safety Office, he was credited in his nomination for raising awareness on the proper restraint of their children in car seats. In order to certify people to inspect and install child-safety seats, he arranged training that led 19 people from Columbus AFB to receive certification. The training allowed the base and the community to teach safety awareness ensuring the safety of all infants, toddlers and children.

Nominees will be judged principally on the impact of their work-related or non-work-related contributions and the extent to which they served as an inspiration to others and brought credit to the federal service, according to a GEICO news release.

Award winners receive a \$2,500 cash award, an expense-paid trip to Washington, D.C., for the winner and spouse and a commemorative plaque.

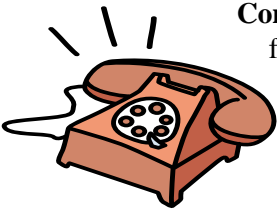
## Base dialing changes

The way we access various telephone services from our official phones throughout the Air Force is changing. Effective Tuesday evening, the 325th Communications Squadron will convert Tyndall’s telephone switch to a new dialing pattern as follows:

	Current	New
Service	Access Code	Access Code
DSN Routine	88	94
DSN Priority	83	93
Commercial (off base)		
Local	9	99
Long distance	91	97
Commercial 800 service	9-0-800	99-1-800

For further information, please call the 325th Communications Squadron Customer Service Center at 283-4896 or the base operator by dialing 0.

## Communication vital during a hurricane; know who to call.



**Contingency phone number:** (877) 529-5540 — This toll-free number is used to disseminate critical information during contingencies such as hurricanes. Use the contingency phone number to keep informed of a situation’s current status.

**Duty information number:** (800) 896-8806 — Use this toll-free number to contact Tyndall for return-to-duty information and status of the base.

**Air Force Personnel Center:** (800) 435-9941 — A military member can call this number to report their location during the evacuation and receive further instructions.

Commentary

Secretary of the Air Force  
pens inaugural message

James G. Roche  
*Secretary of the Air Force*

To the men and women of the United States Air Force: I was recently sworn in as your 20th Secretary of the Air Force and became, on that day, a proud member of a magnificent team of active-duty airmen, guardsmen, reservists and civilian employees. You have earned the admiration of our nation, the respect of the world and the promise of a bright future. I can already tell you that you should be enormously proud of your achievements, from combat operations over Iraq and the Balkans to your recent validation of the

Expeditionary Aerospace Force concept. In the realm of aerospace power, you fly the best, train the best and maintain the best. As you put it: “No One Comes Close.” We must now turn our focus to the journey ahead, and be responsive to this new century’s emerging security environment. I look forward to piloting that journey with you. My focus is on developing new strategies for military aerospace power in this new millennium; improving Air Force retention, professional education and leadership development; eliminating the inefficiencies in how we do

our business; and developing our acquisition policies and processes to ensure innovation and competitive vibrancy within our defense industrial base over the long haul. My vision is an aerospace future just as remarkable as your admired past: undeniable and global reconnaissance and strike superiority. My pledge to you is that I will serve the way you do every day, worldwide - with integrity, selflessness and in earnest pursuit of excellence. In 1963, President Kennedy said of military service: “I can imagine no more rewarding career. And any man who may be asked

in this century what he did to make his life worthwhile, I think can respond with a good deal of pride and satisfaction: ‘I served in the United States Navy.’” That sentiment rings very true for me. As you know, I am deeply proud of my Navy career. But, today we are in a new century, with new opportunities, new challenges, new capabilities and vastly different threats to the security of our great nation. In this century, men and women can respond with a good deal of pride and satisfaction: “I serve in the United States Air Force.” And now, I am proud to be able to say that too.



Lisa Carroll

### Super soaker

Col. Worth Carter, former 325th Support Group commander, gets the traditional hose down after his final flight here from Paul Kotula, an operations driver/operator, and Airman Wesley Harrison, an air fire protection apprentice, both of the 325th Civil Engineer Squadron’s fire protection flight.

●From COMMAND Page1

Alaska; Naval Air Station Lemoore, Calif.; Haneohe Bay, Hawaii and Offutt AFB, Neb. He is a command pilot and naval aviator with more than 3,300 hours. He has flown T-37, T-38, AT-38B, F-15A, F-15C and F/A-18C aircraft. His awards and decorations include the Defense Meritorious Service Medal, Meritorious Service Medal with one oak leaf cluster, Air Medal with combat distinguishing device and numeral four, Aerial Achievement Medal, Air Force Commendation Medal with one oak leaf cluster, Navy Commendation Medal, Joint Service Achievement Medal and Air Force Achievement Medal.

Opportunities for commissioning

The Air Force’s quota of placing four airmen from Tyndall into the one-year commissioning program has yet to be realized. Are you within one year of obtaining your bachelor’s degree? Do you have your degree and would like to pursue a master’s degree? Can you commission before age 35? For more information on this program and others, visit <http://web1.maxwell.af.mil/afoats/enlisted> or contact 2nd. Lt. Jesse Jaramillo at DSN 854-6471.

Thinking about getting out?  
Think again!

Get the facts first.



Call Chief Master Sgt. Ron Georgia, 325th Fighter Wing career assistance adviser at 283-2222.



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Editorial content is edited, prepared and provided by the public affairs office at Tyndall. All photographs are U.S. Air Force photos unless otherwise noted.

The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129, or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*.

For more information, or to advertise in the newspaper, call (850) 747-5000.

Safety stats

Category	'00	'01	Trend
On duty	1	2	+1
Off duty	10	7	-3
Traffic	5	3	-2
Sports	4	2	-2
Fatalities	1	0	-1
DUIs	14	9	-5

Commander's Corner



Brig. Gen. William F. Hodgkins  
325th Fighter Wing  
commander

I would like to welcome Col. Joe Sokol and his family to Team Tyndall. Colonel Sokol took command of the 325th Support Group on Wednesday.

I'd also like to bid a fond farewell to Col. Worth and Dolores Carter as they depart. Colonel Carter has done an outstanding job as support group commander for the last two years.

Yesterday was the official start of summer. Fortunately, we in Florida have been enjoying summer for some time now. With summer comes firing up the grill, outside recreation and plenty of food and drinks.

Although each of those leisure activities is meant to wash away life's little stresses, unfortunately they can indeed become stressors of their own.

Since we live in a hot weather environment, plan your activities accordingly. A life-threatening heat stroke can occur within 15 minutes of doing any strenuous activities. Drink plenty of cool fluids, preferably not alcohol because it adds to the dehydration from physical activity. Know the signs of heat stroke and the less dangerous heat exhaustion. Some symptoms of heat exhaustion are heavy sweating, muscle cramps, weakness, dizziness, headache, nausea or vomiting and fainting. Heat stroke symptoms are all of the above in addition to an extremely high body temperature (above 103, orally) with red, hot and dry skin. Treating heat exhaustion is relatively simple. Victims should move to the shade, drink lots of water and cool down. Heat stroke victims on the other hand will require immediate medical

assistance. As with heat exhaustion, move the victim to a shady area and cool them down as fast as possible. Use a water hose or put the person in a tub of cool water. Don't give a heat stroke victim alcohol to drink. This can only make matters worse.

Along with the start of summer comes opportunities for lots of social activity. Remember, if you're going to drink alcohol, drink responsibly. Be certain of your plan to get home afterward. Hosts should ensure they have a designated driver who can take guests home if the need arises. If you're off base, make sure you either have money for a cab, have a designated driver or take advantage of the Tyndall Active Airmen's Association free ride program. This is an awesome program.

We have a group of airmen who have made a commitment to do something about drunk driving. They have taken it upon themselves to provide free rides home for Tyndall members. These airmen don't care if you're calling from Panama City Beach or one of the on-base clubs or if you're an officer or enlisted. All they care about is getting you home safely. Aside from being free, it's also anonymous. The service is available on Fridays and Saturdays from 5 p.m. to 5 a.m. The number to call is 867-AADD. If you're going out and plan to use this service, write down the number and put it in your wallet or your pocket so you won't forget.

By the way, mark your calendars for the Heritage Day celebration from 4-10 p.m. July 3 at Heritage Park. The evening offers live music, food and lots of fireworks. So plan to pack up the family and head down to the celebration.

Have a great Air Force week!

Action Line



Lisa Carroll

Col. Sokol takes command

Brig. Gen. William F. Hodgkins hands over the guidon to Col. Joseph Sokol who took command of the 325th Support Group from Col. Worth Carter in a ceremony Wednesday. Colonel Sokol comes to Tyndall from an assignment at the Pentagon as deputy commander of the Air Force Operations Group.

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency. The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first sergeants or facility managers. If

you're not satisfied with the response or you are unable to resolve the problem, call me at 283-2255.

For **fraud, waste and abuse** calls, you should talk to the office of inspections, 283-4646. Calls concerning **energy abuse** should be referred to the energy hot line, 283-3995.

Brig. Gen. William F. Hodgkins  
325th Fighter Wing  
commander

Tyndall's chapel schedule

Protestant

Communion Service:

9:30 a.m.

Chapel 1

General Protestant Service:

11 a.m. Chapel 2

Sunday school: 9:30 a.m.

Chapel 1: 283-2691

Chapel 2: 283-2925

**Other faith groups:** Call  
283-2925

Catholic

Daily Mass: noon, Monday through Friday, Chapel 2

Reconciliation: After

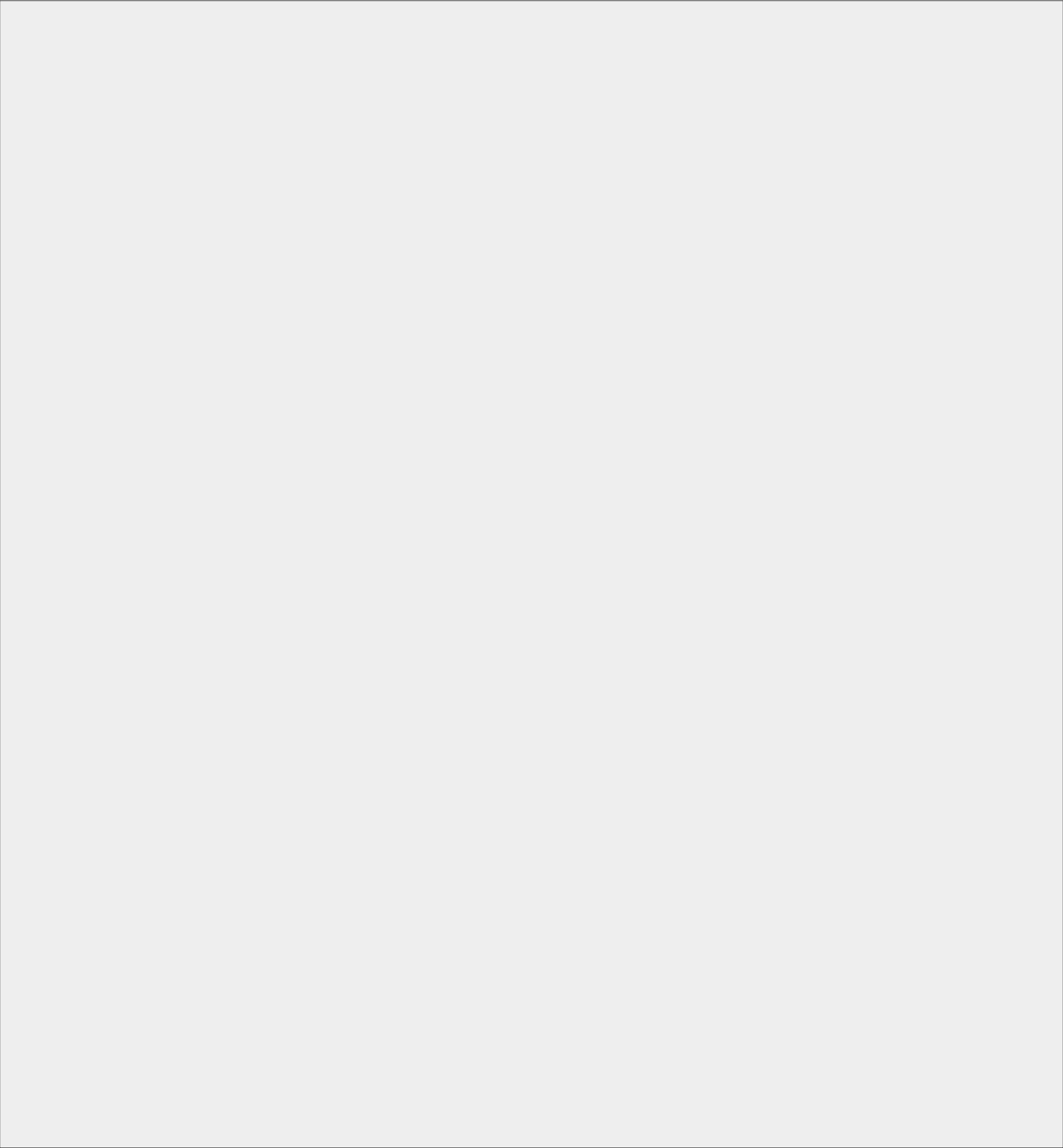
Saturday Mass or by  
appointment

Mass: 5 p.m. Saturday,  
Chapel 2

Mass: 9:30 a.m. Sunday,  
Chapel 2

Religious education: 10:50  
a.m. Sunday

*This Sunday, the chapel hosts guest speaker FSU head coach Bobby Bowden at the 11 a.m. service in Chapel 2.*



# 30 reasons never to leave Air Force

**Capt. Matteo Martemucci**  
*51st Operations Support Squadron*

**OSAN AIR BASE, Republic of Korea (AFPN)** — I’m going to tell you why I’ll never willingly leave this great Air Force.

A few weeks ago, my first child was born, more than 8,000 miles away in Virginia. He was born on the living room floor of our house, a month early, to the great surprise of his mother and me. Both mom and baby are doing very well, and now I get to bask in the pride and excitement of being a new father.

After the excitement was over, I had time to analyze the sequence of events. I realized I was part of something very special, something I probably wouldn’t find outside the warm walls of this military family.

At 2:30 a.m., my wife, eight months pregnant and alone at home, awoke to feelings of pain. Her first instinct was to call a close friend, also a military spouse. Within minutes, Jean, an Army major’s wife from nearby Fort Monroe, Va., arrived.

Jean realized my wife was in advanced labor and called an ambulance. She also called Monica, a friend and Air Force major stationed with my wife at Langley Air Force Base, Va. With the help of these two friends and some local emergency medical technicians, my wife delivered a healthy boy in our living room. Jean and Monica are two reasons I’ll never leave the Air Force.

Monica knew I was in Korea and immediately contacted the command post at Langley. They connected her to the Osan Air Base command post and explained the situation. On a hunch, Monica told them where I might be and, without hesitation, the Osan command post tracked me down at the base library. I may be wrong, but hunting down a captain to inform him of the birth of his son is probably not in the command post

controller’s job description. But they did it without even blinking. They’re two more reasons I’ll never leave the Air Force.

After being connected to my wife and being assured everyone was all right, I called my flight commander to tell him the news. Before I even asked, he contacted our squadron commander and they approved my leave and offered to help get me home. They, too, are reasons I’ll never leave the Air Force.

I needed to get home on the next flight to the states, and that meant getting on the Kimpo International Airport shuttle bus at 6 a.m. But I needed leave paperwork to get off the peninsula. My first sergeant, no stranger to late phone calls, jumped into action. He made one phone call and the orderly room NCO in charge was in her car heading to work to personally type up the necessary papers. With a smile on her face and hearty congratulations, she handed me my leave papers and disappeared into the freezing winter night. Two more reasons I’ll never leave the Air Force.

The whole time during my long series of flights home, my wife had a close network of military friends who stayed with her. Even though her husband and family were far away, from the moment she made that first and only phone call, she was never alone. These were all people who understood the unique situation of our shared military lifestyle. They immediately jumped in to help, as Air Force families often do.

Less than 36 hours after I received the first phone call, I was home with my new family. Waiting for me were flowers from my flight and reassuring e-mails that my duties and responsibilities were being handled in my absence. The people in my flight are 22 more reasons I’ll never leave the Air Force.

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Feature

# The tragedy at Khobar

●From Khobar Page 1

real quick, real hollow and real deafening. My ears rang for a while.”

“I was laying there, almost to the point of sleep and I heard this boom and suddenly things were starting to fall down from the ceiling,” LeWallen said. “The door blew off. The windows blew in. Lockers fell over. I didn’t know what to do – I just kind of froze, in a state of shock. It sounded like rolling thunder – the way it just echoed throughout all the buildings.”

One of LeWallen’s roommates came out and checked everyone and began to take control and assess their situation. After telling everyone to grab their shoes and ID cards, they noticed another roommate, their office superintendent, had been severely cut by flying glass. Worming their way through a lumberyard of destroyed furniture, glass shards and fallen concrete, they headed downstairs.

Wagar was also beginning to come around following the blast.

“I slumped down, came to, and I just kind of checked myself,” he said. “I made sure I still had all my body parts. I was good - but my head and my arm were really sore - the adrenalin was pumping, I could just feel it. The first thing I did was grab my M-16. I got it in my hands, made sure it was on burst and chambered a round so it was ready to go in case I needed it. There was a guy lying right above me in the hallway. He landed face first on the concrete steps and he was bleeding all over the place. I checked him and he was still alive and talking. I said ‘Don’t move, medical people will be here in a second. I’ll come back and check on you. I just have to make sure no one’s coming in this building.’”

For Wagar, his job had just begun. Not knowing whether this was an isolated bombing or a full attack, he knew he had to hurry and secure the building.

After finding his coworkers and making sure they were alright, Wagar started running through different scenarios in his mind. It was very possible, he thought, the base might be under a full-scale attack, much like the Grenada incident. He decided the group would start on the top floor and sweep their way down.

LeWallen’s nightmare hadn’t ended either. He had finally made it outside his building. It wasn’t at all what he expected to see.

“If you’ve ever seen the movie ‘Night of the Living Dead’ there’s a scene where a bunch of zombies are walking out of a building; all dark, dreary,” he said. “That’s what it looked like when we made it out of our building.”

According to LeWallen, people were screaming for help, so he began carrying injured airmen to makeshift clinics that had been set up in the back of pickup trucks and on the ground. There were people laid out everywhere – conscious, unconscious, bleeding and torn-open. Despite blood being everywhere, he continued to carry and line-up his injured friends and squadron members. The dorm he was remembering his family in, thinking of his first-day home and the first time he would kiss his wife in, was the second hardest hit.

Wagar also continued to help whoever he came across – despite his own injuries. He was running on pure adrenaline.

“We made it up to the top floor and the commander had made it out, but his aide had walked back into the room to get a pair of shoes because they expected glass on the ground,” he said. “When I found him he was buried under a bunch of rubble. The commander and I took the rubble off and I checked his pulse and we were losing him. We did CPR until the medical people arrived and took over.

“After that, I got out of the room and we started searching our way down. We swept the building, made sure nobody was in there and then we went out to try and set up an initial perimeter. Just like with any big event, there are going to be people rushing – either they want to see what’s going on or maybe they were attacking – we just didn’t know.”

Knowing the regular cop squadron was still a ways behind him and that he

would have to wait for them to get armed up and out, Wagar went ahead and tried to set up the initial perimeter. All around him people were swarming like bees. More and more people pushed toward him, anxious to see what had happened. It was like being at the front of a mosh-pit during a rock concert. The pressure built and built, and the pushing continued.

“People were rushing us and we were trying to keep them back. I would just take my M-16 and push them back. There were citizens of Dhahran that wanted to see what was going on. But there was a communication breakdown, everyone wasn’t able to speak the same language and understand what was happening.”

Wagar still feared the attackers might be around – and now, no longer in an elevated position and standing in an open area, he knew he was an easy target.

“You didn’t know if you were going to get shot or trampled. We held our own until the other cops showed up and started setting up the perimeter. Then we went back and started sweeping through other buildings, just trying to get as many people out of there as we could. Later that night, around midnight, the three of us were taken and questioned until about 1 p.m. the next afternoon.”

In the aftermath of the event, the level of devastation became evident. Medals were presented – but nothing could heal the scars that many troops still bear today. While some people are still haunted by nightmares, others believe the event has had a hugely positive effect on their lives.

In addition to the loss of 19 airmen and the hundreds that were injured, countless numbers of people are still fighting emotional battles.

But it’s more than just emotions – noises still remind many troops of that night in the desert.

“Noises still bother me,” LeWallen said. “A few weeks ago I was in the classroom and lightning struck a tree

and it zapped one of our components. I immediately hit the deck. No one understood why because it’s not something I broadcast or tell people very often. They didn’t understand until I explained it to them later.”

For Wagar the battle wasn’t nearly as emotional as physical.

“I had a chipped bone in my elbow, a concussion, internal bleeding in my brain and a bunch of cuts and bruises. I didn’t even know I was getting a Purple Heart until I got it in October at Malmstrom AFB, Mont.”

In addition to the Purple Heart, Airman Wagar also received the Airman’s Medal for ‘distinguishing himself

through a heroic act at the voluntary risk of his life.’

“I don’t consider myself a hero,” he said. “I just did the same thing anyone else would do – it’s not like you’re going to leave the building and let everyone die. It’s just one of those things – if you can save yourself why not try to save some other people too.”

But he also admits that he has had a few emotional battles – although they weren’t long term.

“I tried to walk back into the building, to act like it was no big deal,” he said. “I had lost some gear so I was going to go back in and pick it up. Now keep in mind that this is a month and a



The crater, left by the terrorist bomb that exploded and killed 19 Air Force members in Saudi Arabia, was 85-feet wide.



# owers

half later. No one else was around. I couldn't walk through the doorway – I just started shaking. That's the first time I had ever experienced anything like that in my life. I just couldn't enter the building for some reason. I don't know what it was; I don't think it was fear. I just had to walk off. I also found out that the commander's aide didn't make it, and that hit me kind of hard for some reason.”

But both LeWallen and Wagar admit that it has also had a positive effect on them.

“From an instructor standpoint I can really explain to students that we have these assets here for our protec-

tion and we need to use it because...” LeWallen said. “I can explain a little bit of what happened and how we used this equipment to help. I think that makes it real for them, it puts it in perspective.”

“Obviously there's nothing positive about people dying, but the impact that it's had on my life, career and my focus on life has been extremely positive,” Wagar said. “It definitely changed the direction of my life. Before, I was coming in the military for four years, then going to get out and be a cop. Now I'm all about anti-terrorism. That's one job that I really want to do for the rest of my life.”



Tech. Sgt. James D. Mossman

**Col. Dan Locker, USAFE Command Surgeon, consoles an injured airman, Staff Sgt. Robert Waggoner, while crewmembers of the 86th Aeromedical Evacuation Squadron prepare to transport Capt. Thomas Edmond from the evacuation aircraft to an awaiting ambulance.**



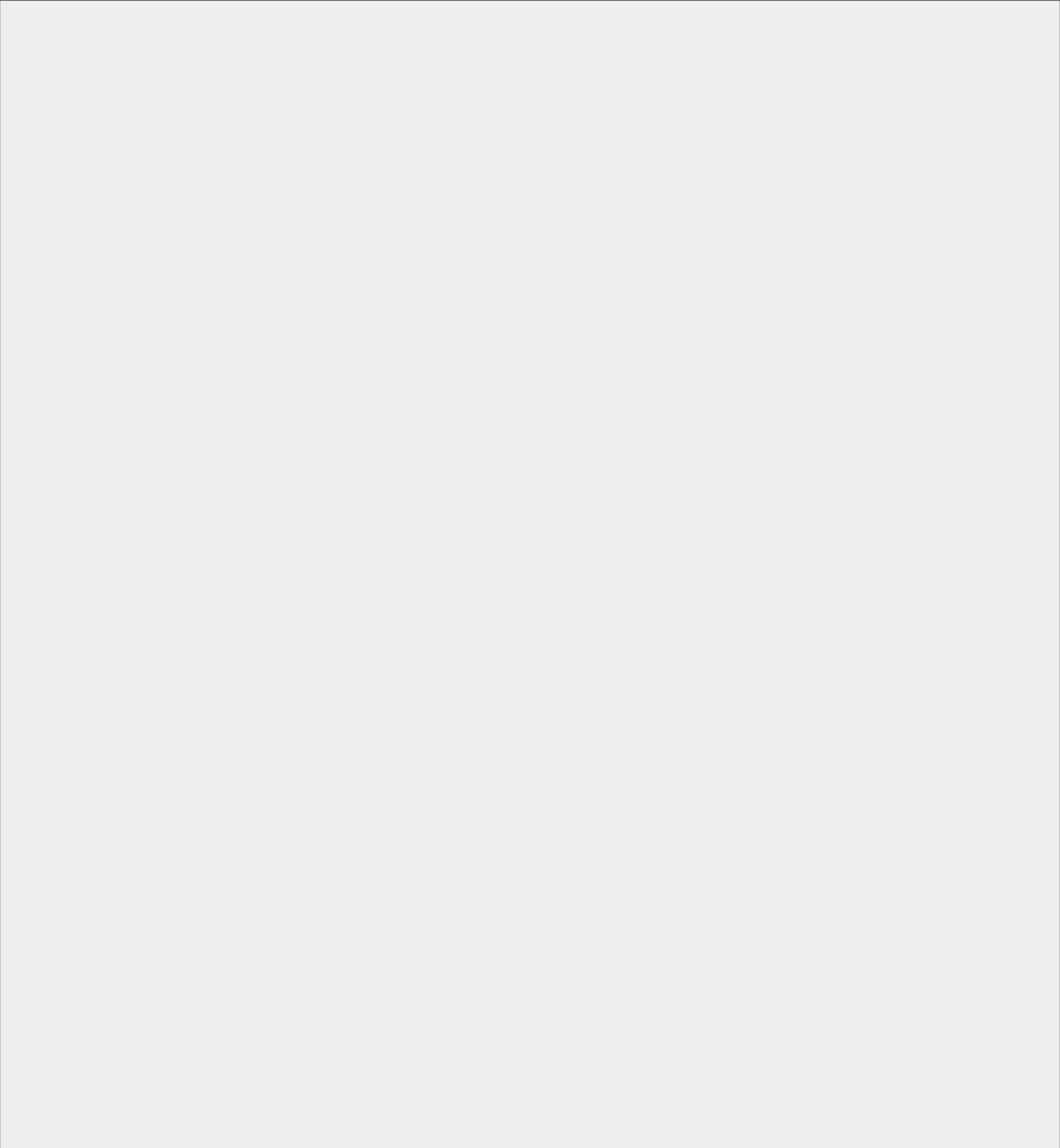
Courtesy photo

**bers on June 25 at Khobar Towers on King Abdul Aziz Air Base near Dhahran,**



Staff Sgt. Tim LeWallen

**Left: A room in the civil engineer squadron dormitory the morning after the bombing. The blast was so strong it embedded coat hangers into metal doors.**





●From REASONS Page 7

If I were working for some big, faceless corporation, I wonder if I’d even have my boss’s home phone number, let alone an entire organization that would jump up in the middle of the night to help a fellow airman.

Could I make more money working for a major corporation? Absolutely. Would the above events have happened if I worked for one? I doubt it. I promise you, the last thing on my mind that night, as I boarded the plane to meet my new son, was the size of my paycheck.

Would I trade my part in this military family for a few extra bucks? Never.

I’ve shared 30 reasons why I’d never voluntarily leave our Air Force, and yet these reasons come from only one single experience. I could fill this story with hundreds of other reasons, and they’d all be Air Force people like these, whom my wife and I are proud to call family.

Spotlight



Catherine Layton

**Staff Sgt. John Saller**  
**Squadron:** 325th Support Group, command section  
**Job Title:** Information manager  
**Years in Air Force:** 8.5 years  
**Time at Tyndall:** 2.5 years  
**Hometown:** Laingsburg, Mich.  
**Why you joined the Air Force:** To get out of Michigan and see the world.  
**Greatest aspect of your job:** The people I work and interact with.  
**Short-term goals:** To make technical sergeant.  
**Long-term goals:** To get my degree.  
**Favorite book:** “Ball Four”  
**Favorite movie:** “The Bad News Bears”  
**Hobbies and activities:** Golfing, watching sports and spending time with my wife.

Think fire safety during fun summer activities

**Robert Anderson**  
*325th Civil Engineer Squadron assistant chief, fire prevention*

We all look forward to fun summer activities such as cooking out, cooking in, celebrating the Fourth of July or going camping. But where there is fun there is also the danger of fires and fire-related injuries. From June 24-30, the base will observe its seventh annual Tyndall Fire Awareness Week emphasizing summer-related fire hazards. During this time of year, the danger of fire occurring is always lurking, especially when our mission is just having fun. Always stay alert and use the following as guidelines.

When grilling, cook about ten feet away from the building. Don’t grill under carports or close to trees or bushes, and don’t use flammable liquids near hot coals that could cause an explosion or flash fire. The safest type of charcoal is the chemically processed charquette that does not need lighter fluid. Use a “UL Approved” electric charcoal igniter. If a propane gas grill is being

used, have the igniter in place before turning the gas on to reduce the chance of a flash fire.

While cooking inside, don’t leave kitchen stoves unattended. Grease fires can occur within three to five minutes. If a grease fire occurs, put a lid on it and turn off the heat source if it can be done safely. Do not pick up the pan because you may drop it, burning yourself or someone severely. Hot grease can reignite if not given proper time to cool.

When camping out, remember that campfires are restricted to authorized locations. Before leaving the area, ensure the fire has been totally extinguished with water or smothered with dirt or sand.

With the Fourth of July fast approaching, fireworks are a tempting item to purchase. Fireworks such as fire crackers, cherry bombs, sky rockets and Roman candles, just to name a few, are prohibited on base. These devices are known to cause serious injuries such as burns, ruptured ear drums and even the loss of one or

both eyes. If you travel where these items are legal, keep the dangers in mind. Never throw fireworks toward someone just to watch them react. The best thing to do is leave them alone. Go to a well-run fireworks display operated by professionals.

Summer also means hurricane season and strong storms. Be ready but safe. Try not to use open flame devices such as candles. If candles are used, ensure they are not set near curtains or other locations where combustible material is subject to catch on fire.

During Tyndall Fire Awareness Week the fire department will set up a display offering free fire-safety material at the base exchange. The BX will also reduce the prices of portable fire extinguishers and smoke detectors.

Now bring on the hot dogs and hamburgers and get out the grill. Follow the tips for summer-time safety and have a fun-filled summer. If you have any questions, feel free to call the fire prevention office at 283-2909.



Every member of Team Tyndall is valuable. Play it safe, don’t become a statistic.

The Gulf Guide

Your link to what's going on in the Tyndall community

This Week

**Saturday Boating safely class**  
The Coast Guard Auxiliary Flotilla 16’s two-day Boating Safely class will be 1-5 p.m. Saturday-Sunday in Gulf Coast Community College’s Student Union East building, Gibson lecture hall, Room 231. The course satisfies the requirement for those born after 1980 to operate personal watercraft. An exam will be given at the end of the second day. The cost of the course is \$20 to cover materials. For more information, call John Clark, 271-3828, or visit the Flotilla Web site at: [http://clik.to/USCGAUXFlotilla 16](http://clik.to/USCGAUXFlotilla16).

**Monday F-22 comment period extension**  
In response to public requests, Air Force officials have extended the deadline for submitting public comments on the F-22 Draft Environmental Impact Statement for the first operational wing of F-22 Raptors at Langley Air Force Base, Va. to Monday. The draft EIS can be viewed at: [www.cevp.com](http://www.cevp.com). Comments can be sent to: HQ ACC/CEVP; Attention: Brenda Cook, 129 Andrews St., Suite 102, Langley AFB, VA 23665-2769.

**Anger-management workshop**  
The last meeting of the three-session anger-management workshop will be 1-3 p.m. Monday in the family advocacy conference center. For more information, call family advocacy, 283-7272.

**Breast-feeding class**  
A breast-feeding class will be 3-5 p.m. Monday in the family advocacy conference center. For more information, call family advocacy, 283-7272.

**‘Moms, Pops & Tots’**  
The parent and child interaction play group, “Moms, Pops & Tots,” for parents and their under-age-five children will meet 10 a.m. Monday at the park on 11th Street. For more information, call 286-5812.

Base Theater



**Tuesday Civil Air Patrol meeting**  
Civil Air Patrol meetings for boys and girls 12 years old and older will be held 6-8:30 p.m. every Tuesday in Building 852. The CAP offers local and national activities with a focus on educational and professional development. For more information, call Capt. Laura Palm, 283-7594, or Master Sgt. Perry Newberry, 283-4189.

**Wednesday Parenthood-preparation course**  
The last meeting of the four-session parenthood-preparation course will be 3-5 p.m. Wednesday in the family advocacy conference center. Participants who complete the four classes will receive a dry erase memo board and pen. For more information, call family advocacy, 283-7272.

**Fatherhood classes**  
A three-session fatherhood class will be 1-2 p.m. Wednesday, Thursday and June 29 in the family advocacy conference center. For more information, call family advocacy, 283-7272.

**Thursday Sibling-preparation class**  
A sibling-preparation class will be 4-5p.m. Thursday in the family advocacy conference center. For more information, call family advocacy, 283-7272.

**Palace Chase briefing**  
Palace Chase briefings for all those interested in the Palace Chase program will be 1 p.m. on the second and fourth Thursday of each month in Room 222 of Building 662. For more information, call in-service recruiter Master Sgt. Bill Beasley, 283-8384.

**Yard Sales**  
The following yard sale is scheduled for Saturday: 3434-A Maysey Court. All yard sales are held between 8 a.m. - 4 p.m.

**Today:** “A Knight’s Tale” (PG-13, action, violence and some nudity, language, 132 min.)  
**Saturday:** “Bridget Jones’ Diary” (R, language and strong sexuality, 98 min.)  
**Sunday:** “Bridget Jones’ Diary”  
**Thursday:** “A Knight’s Tale”

All movies start at 7 p.m.

Notes

**Child care during PCS**  
Up to 20 hours of child care are available per child to assist families during the relocation process. This program is open to all ranks and is offered through the Air Force Aid Society. Care is arranged in a licensed family child-care home. For more information, call the family support center, 283-4204.

**Minnesota Air National Guard openings**  
Immediate Minnesota Air National Guard positions are available with the 148th Fighter Wing, Duluth, Minn. For more information, call Master Sgt. Jennifer Brown, DSN 825-7244, or call toll free, (800) 831-7027. Interested individuals may also call the military personnel flight customer service office, 283-3198.

**ROTC cadet encampments**  
Air Force ROTC cadets from detachments around the nation will be on base until Aug. 10 for two field training encampments. Each encampment will have approximately 360 cadets. All base personnel are asked not to interfere with the cadets during their training and to use caution when passing their marching formations on the street. Anyone with questions about the encampment can call Capt. Patrick Stephens, 283-8056.

**TRICARE information**  
Up-to-date TRICARE information is available on the TRICARE Web site at: <http://www.tricare.osd.mil/ndaa>. For those beneficiaries whose questions cannot be answered on the Web site, new toll-free telephone numbers include TRICARE For Life, (888) 363-5433 and the TRICARE Senior Pharmacy Program, (877) 363-6337.

Retiree News

**Cardin bill would waive Part B penalty**  
Congressman Ben Cardin (Democrat- Maryland) has introduced a new bill that would ease financial penalties on Medicare-eligible retirees who have not previously enrolled in Medicare Part B. In order to qualify for TRICARE For Life, Medicare-eligible uniformed services retirees must be enrolled in Medicare Part B. Part B covers doctor bills, whereas Part A covers hospitalization. Beneficiaries who do not enroll in Medicare Part B when they first become eligible are assessed a 10 percent premium penalty for each year they delay. For a 75-year-old, the 10-year delay means a 100 percent penalty – a \$100 per month Part B premium for life versus the normal \$50. Representative

**Hydrant pressure testing**  
The 325th Civil Engineer Squadron will continue pressure testing fire hydrants and flushing water mains in family housing areas 7 a.m.-3:30 p.m. until July 13. Occupants may experience discolored water for several days afterwards. It is recommended that white clothing not be washed until the water is clear again. For more information, call the civil engineer customer service office, 283-4949.

**FSU office**  
The new Florida State University on-base office is now open 1-3:30 p.m. Mondays and Wednesdays in Room 30 of the education center. In addition, Bob Shaw will be available 3-4 p.m. every Tuesday in Room 30 to talk with students about the bachelor’s degree program in information studies offered at the FSU Panama City campus.

**Yard of the month program**  
Tyndall’s yard of the month program runs until Aug. 31. The selection of the “yard of the year” will be announced prior to Sept. 30. Judging for the contest will be every third Thursday of the month and prizes will be awarded. Two or more inspection violations will disqualify residents from winning. Housing areas in the contest are: Shoal Point/Bay View (judged as one area); Felix Lake; Wood Manor I; Wood Manor II; Wood Manor III; and Red Fish Point. For more information, call Mary Ann Barbieri, 283-8140.

**School physical examinations**  
The pediatric clinic is scheduling school physical examinations for pediatric enrollees requiring exams for the fall 2001 school year. The clinic encourages everyone to take advantage of the opportunity to make spring and early-summer appointments to avoid the school rush during July and August. To make an appointment, call 283-2778.

Cardin’s HR 2073, the TRICARE Retirees Opportunity Act would:

- Waive the late enrollment penalty for military retirees who enroll in Medicare Part B between Jan. 1, 2001 and Dec. 31, 2002.
- Create a special, continuous Medicare Part B enrollment period for military Medicare-eligibles through Dec. 31, 2002. This is necessary because the annual open enrollment period for late enrollees normally runs only from Jan. 1-March 31.

If enacted, this legislation would reduce the penalty for an estimated 84,000 Medicare-eligible beneficiaries who delayed election of coverage. Part B enrollment is now a mandatory requirement to use the TRICARE For Life coverage that will begin Oct. 1.



# Seat belts could save 60 percent of people killed

Courtesy of Air Materiel Command News Service

**KIRTLAND AIR FORCE BASE, N.M. (AFPN)**—Six out of every 10 adults and children who die in traffic accidents die needlessly because they were not properly restrained, said an Air Force safety chief.

This trend continues, despite research showing that front-seat occupants who wear lap and shoulder belts have a 45-percent less chance of being fatally injured than those who do not. Those same seat belt wearers reduce by half their chances of moderate-to-critical injuries, said Wayne Ragan the 377th Air Base Wing safety chief at Kirtland.

Seat belts reduce the risk of fatal injury by 60 percent and moderate-to-critical injury by 65 percent for light truck occupants, he said.

Every 14 seconds someone in this country is injured in a traffic crash, and every 12 minutes someone is killed, National Highway Traffic Safety Administration experts said.

Seat belts are the most effective means of reducing fatalities and serious injuries when traffic crashes occur,

Mr. Ragan said. National statisticians estimate them to save 9,500 lives in the United States each year.

When a crash occurs, occupants are still traveling at the vehicle’s original speed. Just after the vehicle rapidly stops, unbelted occupants slam into the steering wheel, windshield, other parts of the vehicle’s interior—or other occupants. Seat belts help reduce fatalities and injuries this “human collision” causes.

“Seat belts are your best protection in a vehicle crash,” Mr. Ragan said. “They’re designed so the strongest area of your body — the bones of your hips, shoulders and chest — absorbs the forces in a crash. They keep you in place so your head, face and chest are less likely to strike the windshield, dashboard, other vehicle interiors or other passengers.”

Seat belts also provide the greatest protection against occupant ejection, NHTSA experts said. In fatal crashes in 1995, only 2 percent of restrained passenger car occupants were ejected, compared to 25 percent of unrestrained occupants.

Ejection from a vehicle is one of the most injury

causing events that can happen to a person in a crash, Mr. Ragan said. Statistics show that three-quarters of occupants who are ejected from passenger cars are killed.

To understand why more people do not use seat belts, Mr. Ragan said it is important to understand who does not use them. Americans can be classified as nonusers, part-time users and full-time users.

Nonusers represent only 5 to 10 percent of the population, but are the most difficult to convert to seat belt use, he said. High-risk drivers are most typically non-seat belt users.

“They are more likely to drive after drinking, to be involved in a serious crash, and are also the least likely to be responsible for the social and economic consequences of their behavior,” Mr. Ragan said. “They often appear to believe that seat belts can

cause more harm than good or the government should not mandate their behavior.”

Part-time users are often people who believe seat belts reduce the severity of injury in motor vehicle crashes but that they are not at risk when driving on short, familiar and low-speed trips, Mr. Ragan said.

“Many part-time users think of themselves as full-time users because they wear their belts when they believe they are at risk of being involved in a crash,” he said.

The greatest gains in seat belt use have been achieved by increasing the number of situations where part-time users wear their seat belts. Since people of this group already believe seat belts are beneficial, they may be converted to full-time users through education, but messages must be presented in new ways so part-time users will pay attention.

“Almost three-quarters of Americans say they are full-

time users,” Mr. Ragan said. “But almost 10 percent of those acknowledge that they did not use their seat belts on at least one occasion during the past week, and studies have shown that self-reported seat belt use is 12 to 25 percentage points higher than observed use.”

In National Highway Traffic Safety Administration surveys, full-time users say their primary reason for wearing seat belts is to avoid injury. In NHTSA observational surveys, the female-use rate is 10 percentage points higher than the male-use rate. Overall, seat belt use rates are highest in the suburbs, followed by cities, then rural areas.

“Buckle up ... it’s easy and it only takes three seconds,” Mr. Ragan said. “Once you establish the habit of wearing your seat belt on every trip, it’s a habit for life.”

Here are some things Mr. Ragan said people might want to keep in mind regarding seat belts:

- Traffic crashes kill more than 40,000 people a year.
- Traffic crashes are the leading cause of child deaths.
- Increased enforcement

decreases that toll.

- Every nine seconds someone in America is injured in a traffic crash and every 13 minutes someone is killed.
- Two-thirds of all drivers and passengers killed in traffic crashes are not buckled up.
- Every day in America, around 900 children are injured and seven are killed in car crashes.
- Traffic crashes cost American society \$150 billion every year.
- Children 12 years old and younger should ride properly restrained in the back seat.
- People should never put a rear-facing child seat in front of a passenger air bag.
- Keep 10 inches between the center of the steering wheel air bag cover and an adult’s breastbone.







## Sports and Fitness

# What you eat can impact stress levels



**Karen Collins**  
*registered dietician*

This is a time of year when busy schedules can send stress levels soaring. What does stress have to do with diet? Plenty. When tensions get worse in one aspect of life, it’s not unusual for other areas to seem worse too. This can lead to a breakdown in behavior normally under control, such as the diet. With small positive steps, however, that destructive cycle can be broken.

When life gets busy, it’s

tempting to forget about a balanced diet by skipping meals or eating anything while on the run. Yet when your body doesn’t get the balance of nutrients it needs, you may end up trying to do more with less energy. Even “healthy” low-fat foods like bagels and pretzels don’t constitute a high-energy diet on their own.

Eat quickly-prepared foods if you need to, but aim for a combination of grain products (like bread and pasta) and vegetables or fruit, along with a modest amount of protein (dairy, meat or beans) at least three times a day. It can be as easy as choosing a turkey sub with some fresh fruit or

raw veggies for lunch, or having vegetable chili and cornbread for dinner. These simple dishes supply adequate nutrition just as well as more time-consuming meals.

Set aside time to eat meals at a pace that allows you to taste and savor them. The 15 or 20 minutes it takes to put aside work and other distractions will be more than compensated by a noticeable energy boost. Enjoy quiet time or peaceful music while you eat alone, or share some friendly company as you relax at mealtime.

Stress can also increase a yearning for extra snacks and high-fat comfort foods. Snacks can be an important part of good eating, so don’t force yourself to

starve if you’re hungry. But snacking when you’re not really hungry doesn’t give you more energy. Sweet snacks can give you a short-term energy boost, but then can also leave you feeling worse later when your blood sugar drops.

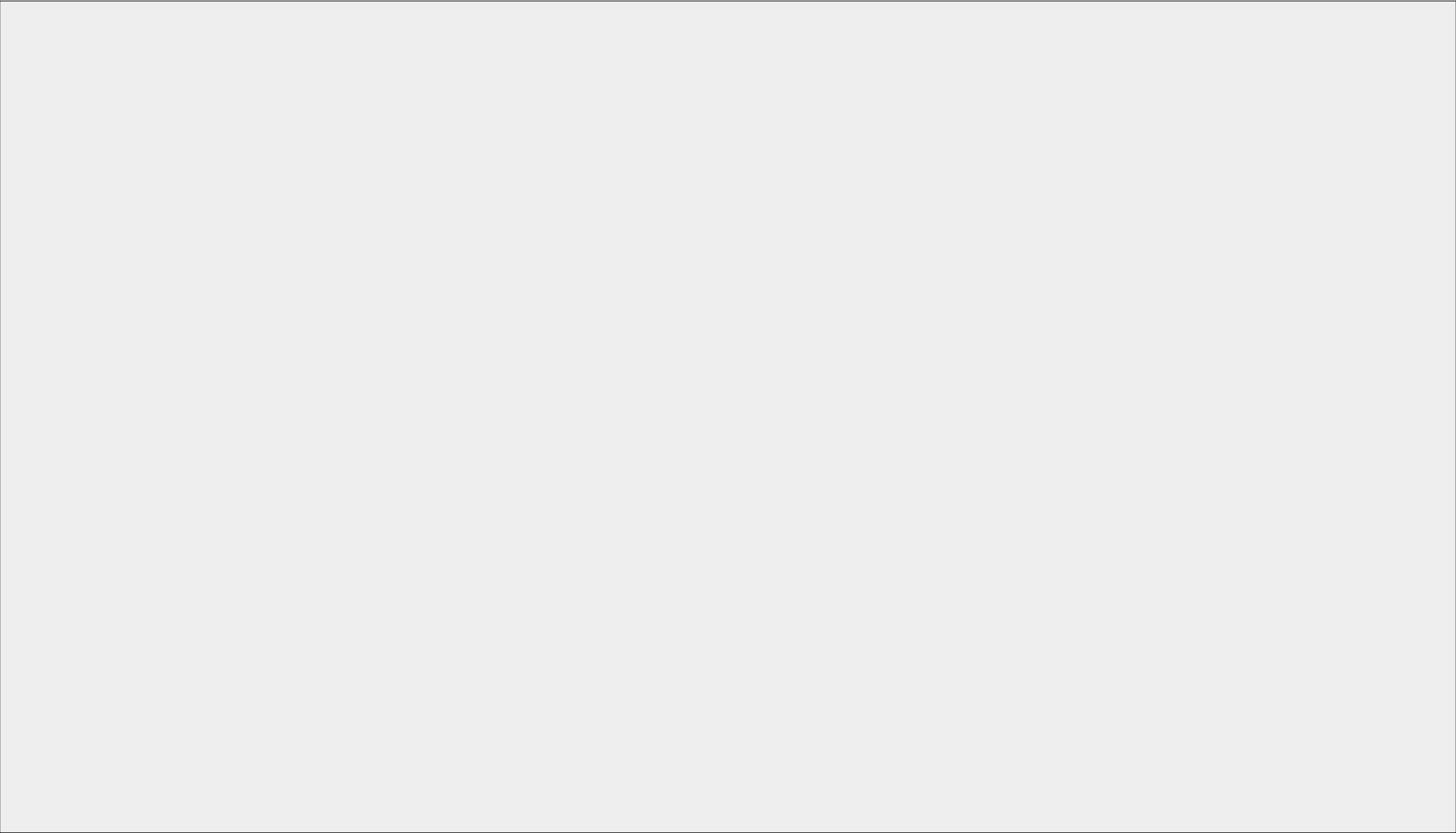
When stress hits, you don’t have to forgo all of your favorite “comfort foods.” Some treats, like puddings and muffins, can be made with less fat and sugar than in original recipes to make them lighter. You can also try to determine whether you really want the taste of a particular food or whether non-food forms of comfort will meet your needs. When the taste is just what you want, try taking just a bite of your favorite dish to

alleviate that craving. Just that small portion may give you the flavor you crave without added fat and calories.

When people are worn out from the stress of trying to do too much, they often turn to sugar, caffeine or vitamins to increase energy levels and help them function. There is no evidence, however, that emotional stress increases our vitamin needs. If you focus on simple ways to get balanced nutrition as described above, you’ll get all of the vitamins and other nutrients you need. Sweets and caffeine-containing products may be enjoyed occasionally if you like, but avoid using them throughout the day or you may experience huge dips

and surges in your energy levels. A 15-minute catnap, walk around the block or stretching session will more likely give you renewed energy. Review your priorities and set aside enough time to get adequate sleep for the most dramatic effect on your energy levels.

Experts say that stress is a choice. You can either decide to refrain from worrying about things beyond your control, or you can choose to drive yourself to unattainable perfectionist standards. Set priorities to make the most of your time and let go of the rest. And when pressures in your life increase, simplify eating routines to save time if need be, but don’t give up on the good nutrition that can help you through stressful times.



Softball Standings

Large squadron			Small squadron		
	W	L		W	L
COMM1	6	1	MXS 1	5	0
MSS	5	1	SFS	5	1
1FS	6	2	82 ATRS	4	1
CES	5	2	AFCESA	3	1
SEADS1	5	2	MXS 2	3	2
OSS	4	2	CONS	3	2
95 FS	4	2	TEST	2	2
2 FS	3	3	LSS	2	3
TRS Blue	4	5	RHS	2	3
MDG	3	4	FWS 1	2	4
SEADS 2	1	3	SVS	2	5
COMM 2	1	6	TW	1	3
CONR	0	6	FWS 2	0	7
TRS Red	0	8			

Bowl a few frames at Raptor Lanes



Monday-Wednesday:  
10 a.m.-10 p.m.  
Thursday: 9 a.m.-  
midnight  
Friday: 10 a.m.-2  
a.m.  
Saturday: 9 a.m.-2  
a.m.  
Sunday: 1-8 p.m.

Participants wanted for AETC-sponsored relay team

The Air Education Training Command is seeking four seasoned runners (male or female) to represent our command in the Ekiden-style relay race at the Fifth Annual Air Force Marathon, Wright-Patterson Air Force Base, Ohio, Sept. 22. In order to secure the best running team possible, the entire AETC-sponsored relay team will be selected from one AETC base. This affords team members the opportunity to practice together and establish camaraderie.

If you are interested in a 10K event, with a chance to qualify as the team to represent AETC, the fitness and sports center will host a 10K run, select the top 4 from that run, and submit their names and times to AETC for a chance at being the team to represent AETC at the marathon.

For more information and to express interest in participating, call Norm Smith or Lou South at the fitness center, 283-2631 by July 13. More about the marathon can be found at <http://af.marathon.wpafb.mil>.



Tyndall Classifieds

- Banana trees for sale. All are in containers from sprouts to 8’ high. Prices range from \$5 to \$21. Call James, 235-6992 after 5 p.m.
- Entertainment center with TV, VCR and stereo. Black with glass doors, \$400. Call Roy, 286-8642.